PLANT FACT SHEET

Triticosecale spp. Wittm. ex A. Camus.

GENUS *Triticosecale* **FAMILY** Poaceae

COMMON NAMES Triticale

EDIBLE PARTS AND USES

Edible parts: Seeds, Cereal

The seeds are eaten in soups, salads or ground into flour for bread, pancakes, muffins, and other foods.
As it is low in gluten it is usually mixed with wheat flour.
The seeds can be sprouted and eaten.

DESCRIPTION

A grass. It is a hybrid between rye and wheat.

HABITAT

It is a temperate plant.

NOTES

It is low in gluten.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c9ca74ba-8d22-4f10-8653-5cb0c557d8f5